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MINDEN

Vol. 2, Number 35

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Wednesday, September 6, 1978

Rural Development Study

The need for controlled development of Haliburton County spurred members of County Council to vote last December for a Planning Study of the rural back lands, to overcome the record of 35 per cent automatic turn down of all plans of subdivision, with most of the problems being the lack of planning policy in the county. This study will produce an Interim Development policy which has been described as an "umbrella" policy with basic consistency throughout, but reflecting concerns of individual councils. The purpose is not for curtailment but to use appropriate planning guidelines for rural land.

The wheels were set in motion immediately, with consultants appearing for interviews on a stormy day early in January. For expediency and full coverage, two consultants were hired — Gartner Lee Associates to perform the Resource Appraisal and provide all the basic comprehensive data of existing conditions, which information would be fed to Totten Sims Hubicki Associates for the planning expertise. Certain delays were unavoidable in the Resource Study until weather permitted field work throughout the County, involving such studies as soils, swamps, ground water, drainage, wild life habitats and fish spawning.

As set out in the Terms of Reference for the study, the next step was presentation to Councils. At this point it was considered more beneficial if prior to individual meetings with councils the study could be presented to a joint meeting of Councils and the planning committee with both consultants in attendance to give full coverage. This was held August 10th and accepted as a most worthwhile exercise. Special meetings of councils were then set up to deal exclusively with planning and investigate concerns of individual councils. The Planning Committee is meeting to give recommended direction for revisions and incorporation of municipal council input into the plan which had previously been prepared in draft form.

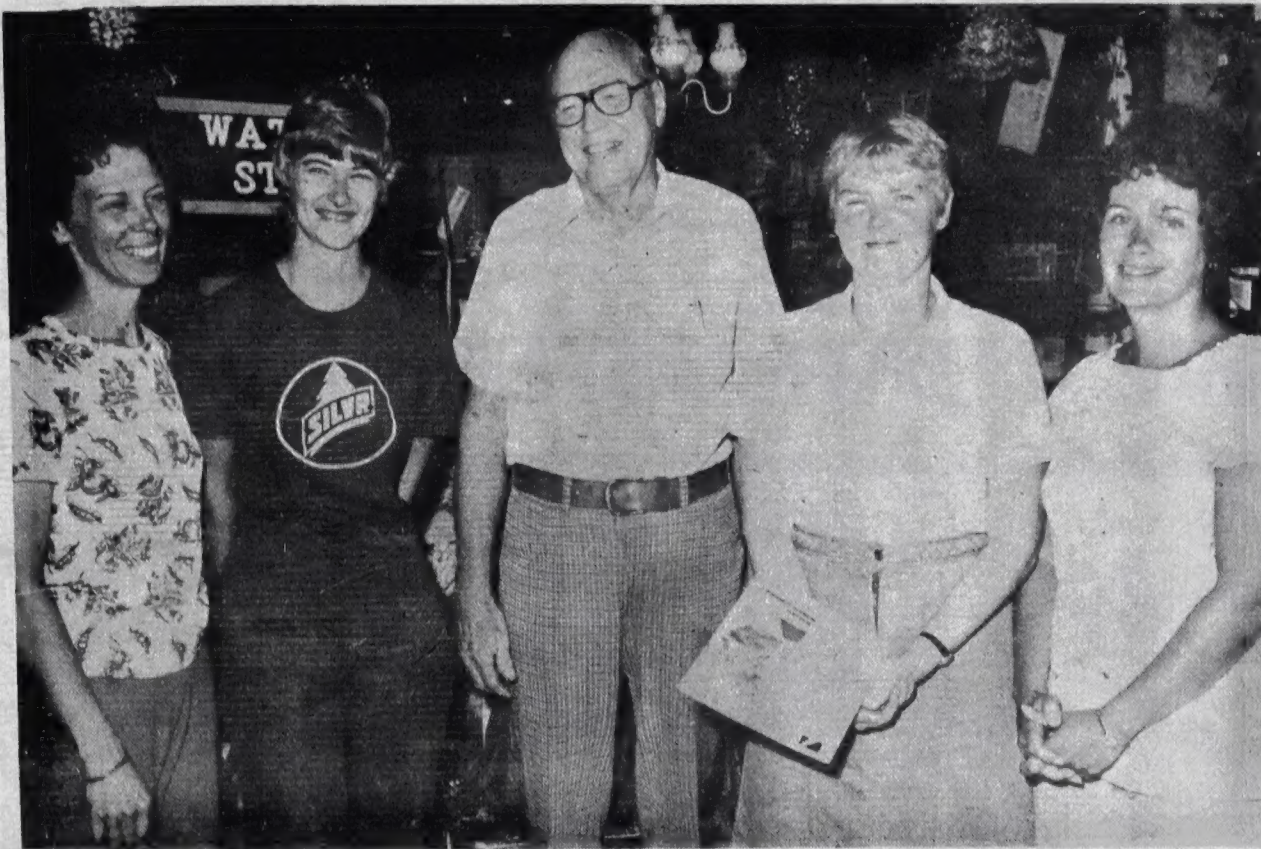
Next step in the Terms of Reference is presentation of the revised draft to the public, which is expected, with ample publicity being given. Opportunity will be provided for explanation of individual concerns and recommendations, which will be tabulated and given to the Planning Committee for consideration of further revising the Draft. Only then will the final draft report be prepared for presentation to the Planning Committee and Study Area Councils for their recommendation of approval.

The planning process is now reaching a stage where the Committee has draft recommendations which will reflect concerns of individual councils, and a further report will be published next week.

AHM Council award tender

MINDEN — A special meeting of Anson, Hindon and Minden council was held on Wednesday, August 30th, to open tenders for the construction of a 2-bay addition to the public works garage.

Three tenders were received for the addition. Council voted to accept the tender of Alstead Construction of Stayner in the amount of \$49,500, subject to approval of the Ministry of Transportation and Communications. Construction is to commence Sept. 12.



LYNNE COX WINS BAHAMA VACATION

MINDEN — The 1st prize in the Big Fun Contest that has been running for the last eight weeks at Minden Furniture, has been won by Mrs. Lynne Cox of Minden. The lucky lady, who accumulated 3,946,461 points, won herself an Adventure Tour for two for a week in

the Bahamas at the Grand Bahama Hotel. Some of the lucky winners are shown above with Minden Furniture owner, Ted Madill. Left to right, Elaine Blakey, Anne Smith, Lynne Cox, with her tickets to the Bahamas and Lois Blair. See page 5 for other winners and prizes.

Minden OPP have busy Labour Day weekend here

MINDEN — OPP report the following activity for the period of Aug. 28 to Sept. 3rd. During this time staff investigated 12 reportable and seven non-reportable collisions, as well as 144 general occurrences.

They also investigated 13 breakins around the County, delivered six messages, 15 persons were charged with liquor violations and 17 persons were charged with boating violations.

In seven of the reportable collisions, four persons received minor injuries two were charged with motor vehicle violations and over \$10,000 in damages.

On Monday morning just before noon, a two-car accident occurred on Hwy. 35 resulting in some \$2500 in damages, one driver was injured and one charged. Dora McCracken 64, of Minden received minor injuries and was charged with failing to yield when her eastbound car entered Hwy 35 and was struck by a 1974 van driven by Frank Holden 28 of RR 2, Minden. McCracken's vehicle received \$2000 in damage and Holden's \$500.— PC Ron Buchanan.

At 2 pm on Wednesday, Salvatore Pietro-Monal 24 of Montreal, was westbound on Hwy. 121 when he lost control of his car, entered the ditch striking a tree. Damage \$1300.— PC Al Barnes.

\$2500 in damage was done to 1975 pickup early Thursday when Joseph Roberts 19, of Haliburton driving westbound on Pine Street entered the ditch and rolled over.— PC Brian Dunham.

Also on Thursday a two car accident occurred on Hwy. 35 when Carl Lindberg 55 of Toronto and Ian Minto 30, of Minden were northbound when both vehicles attempted to make a right turn. Minto struck the rear of the other car. Damage to both vehicles, \$1000.—PC Brian Dunham.

On Sandy Cove Rd. on Saturday, Anne Siltanen 17 of Ajax and John Callard 59 of Willowdale, collided on a curve. \$66 damage was done to the Siltanen wagon.—PC Jarvis.

Douglas Stallworthy 17, of West Hill suffered minor injuries when his 1966 car was northbound on 519 and went out of control, entered the east ditch and rolled over. Damage \$1000. PC Telford.

Brian Nicholson 17, of RR 2, Haliburton was charged with careless driving on Saturday morning, when the 1973 car he was driving northbound on 519 went out of control after passing, entered the east ditch, rolling over several times. Nicholson suffered minor injuries. PC Roy Telford.

1st annual Highland Express Open, Sunday, Sept. 17th

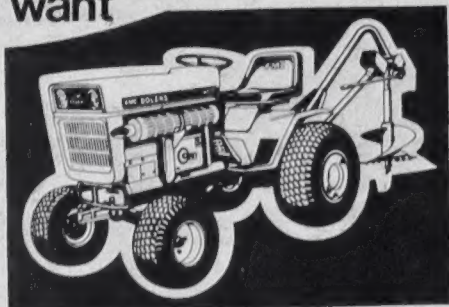
MINDEN — On Sunday, Sept. 17 at beautiful Pine-stone Inn and Country Club, the 1st annual Highlands Express Open golf tournament will be held. This 18 hole tournament is the biggest in Haliburton County, with almost \$300 in merchandise prizes to be won. The tournament gets underway at 8:30 am with some 52 golfers trying for 15 beautiful prizes.

The tournament is open to Haliburton County residents only and 34 have entered to date, which leaves 14 spots left for you avid golfers who haven't signed up yet. The entry fee is \$20 and includes your golf fee (\$7.00) your beautiful buffet dinner at the Inn after the tournament (\$8.20) and prize money.

Fifteen merchandise prizes are broken down into the following: low gross, low net, three winners in each of A, B, & C flights, longest drive, closest to the hole, most honest golfer, hidden hole.

The entry deadline for this tournament is Sunday, Sept. 10th, so if you wish to enter, give Cliff Burke a call at 286-1318.

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plan for failing.

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Kinmount apartment burns to ground, Aug. 28

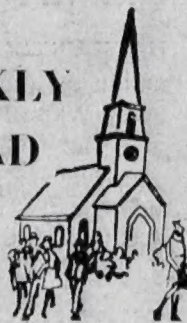
AUGUST WEATHER

by Phil Graham

August weather	
Aver. high	25mm
Aver. low	11.4
Aver. for month	18.2
Aver. for Aug. 77	16
Hi temp. Aug. 14	32
Low temp. Aug. 5	4
Rainfall	126mm
Thunderstorms	4
Water temp.	21

Good summer weather
continued throughout Aug-
ust with an average of
4 degrees F. higher than
1977. Rainfall was near 5
inches which is above av-
erage. There were few
wet unpleasant days as
most of this rain occurred
in heavy showers and
thunderstorms.

OUR WEEKLY BREAD



10 WAYS TO MAKE YOURSELF MISERABLE

1. Forget the good things
in life and concentrate
on the bad.
2. Put an excessive value
on money.
3. Think you are indispen-
sible to your job, your
community, your friends.
4. Think you are overbur-
dened with work and
that people tend totake
advantage of you.
5. Think that you are ex-
ceptional and entitled
to special privileges.
6. Think that you can con-
trol your complete ner-
vous system by sheer
will power.
7. Forget the feelings and
rights of other people.
8. Cultivate a consistently
gloomy outlook.
9. Never overlook a slight
or forget a grudge.
10. And don't forget to
feel sorry for yourself

—PM

KINMOUNT — Shown above are the remains of a Kin-
mount laundromat and four-unit apartment building.
The building, which was deserted was completely des-
troyed when a blaze broke out last Monday morning and
apparently went undetected for some time. Somerville
Fire Department as yet have no idea how the blaze got
started, and Fire Chief Cliff Suggitt said an investigation
into the fire will only be held if the building's owner re-
quests it. The complex, which was known as the Kin-
mount plaza, was vacated by both apartment residents
last summer and the owners of the laundromat. The
present owner lives in Toronto.

Twins born while airborne from Lindsay to Toronto

LINDSAY — The Toronto General hospital provided
news media with the rundown of an incident that
took place at midnight on Friday, August 25th on a
helicopter flight from Lindsay to Toronto.

The hospital reports that a 22 year old Lindsay
woman was in good condition in Toronto General
hospital following delivery of twin boys aboard an
emergency flight from Lindsay.

The patient, Mrs. Susan Bedell, went into pre-
mature labour early Friday afternoon and when it
became apparent the babies would require intensive
neonatal care, she was referred to Toronto General
for delivery. The infants would then be transferred
to Sick Children.

Utilizing the helicopter-ambulance service in-
augurated by the Ontario Ministry of Health, Dr. E.
A. Cladsness, chief resident of obstetrics and gynecology at Toronto General went with the team to
meet the patient in Lindsay.

Twenty minutes into flight, Mrs. Bedell gave
birth to twin boys. A pediatrician from Lindsay was
on board and assisted with the infants care until ar-
rival at Sick Children's heliport.

The helicopter arrived 35 minutes after takeoff
and the babies transferred to transport incubators
and admitted with the mother being taken to the
General. The twin boys are reported to be in serious
condition.

8,656 boats pass through Fenelon Falls locks this year

FENELON FALLS — Lockmaster Art Riches reports
that for the total year until Aug. 26, 8,656 boats had
been locked through the local locks here. Last year
this figure stood at 8,036. Three men and two stu-
dents are employed at the locks this summer.

Mr. Riches has noticed an increase in the num-
ber of houseboats travelling through the locks which
link Cameron and Sturgeon Lakes. No accidents
have occurred at the locks and the busiest day of the
year so far, was on Sunday Aug. 6th when 303 boats
were locked through.

In 1977 the total number of boats passing the
locks totalled 9,612. Mr. Riches expects this figure
to increase by the end of the year when the locks
close on Wednesday, Oct. 11.

STANHOPE NOTES

by A. F. Stevenson

A majority vote by Stanhope council approved a resolution to submit a proposed liquor license bylaw to Stanhope voters for their decision. The question will appear on the ballots at the November municipal elections and voters will be asked to state whether or not they approve of licensed lounges serving liquor, wine or beer on licensed premises with food available.

A vote in favour of the lounges will also make it possible for community groups to obtain special occasion permits which are so important to fund raising efforts in the township.

The last vote on this subject took place in 1953 at which time residents voted against establishing liquor outlets. On this occasion council was confronted with a choice of any one, or all, of eight choices of outlets but reached a majority agreement on licensed lounges.

The zoning bylaw will be in the news again Oct. 23rd when the OMB hearings are scheduled to open perhaps at the firehall. The hearings are likely to take several days as there are a large number of objectors to be heard.

The walkathon to raise funds for recreation purposes was held on August 26th and results were pleasing to the committee. Eighteen participants of various ages took part with all completing the course and while pledges are no all in, it is anticipated that about \$500 will be raised. The committee thanks the walkers and those who pledged money to support them and also those who assisted the committee with the event.

Roy Barrand and Dave McKinley were the pace setters over the eight mile course, but all participants did themselves proud, as for instance Jim Harrison who took time from work to walk the eight mile course then returned to work to finish the day. The committee thanks Jim's employer for his co-operation which he has demonstrated on other occasions.

Township clerk Gerald Bain advises that Canada works projects in the township are now over and it will be some time before another grant is available for additional works. No doubt Gerald will be alert for future opportunities to obtain future grants to provide employment in the township.

Experience '78 is also winding up for this year and it has proved quite successful, having made available a number of fine young people for employment at tasks which were well performed.

Another prospective candidate for council may be Garnet Weaver who is a summer resident at Hawk Lake. Numerous people have approached Mr. Weaver asking him to seek election and this writer, after speaking to him is convinced that he is fully aware of the demands of the position and will sincerely try to meet the requirements.

He does not aspire to higher office, stating that he considers some experience is needed before doing so. It is our hope that he will decide to seek election as councillor.

\$1,488 stolen from cottage

SNOWDON TOWNSHIP — A cottage owned by Wm. Ellis of Toronto, was broken into between August 20 and Sept. 1st. A window had been forced causing some \$10 damage and items from the cottage and utility shed totalling \$1488 were stolen.

Some of the items were a television set, tape set, antiques and an eight hp riding tractor. PC Roy Telford.

Toronto man's boat, jumps moored boat, breaks dock

DORSET — About 11 pm Saturday evening on Lake Kawagama near Dorset, Wyne Florin 33, of Toronto was charged by OPP with dangerous operation of a vessel.

Florin was operating an 18' boat with a 200 hp motor when he struck a tied up 14' boat. Florin's boat went over the top of the moored boat and went through the 6' wooden dock, cutting it in two.

Damage to Florin's boat, \$2000, the moored boat owned by Wm. Taylor \$900 and the dock owned by Michael Martin of Scarborough \$75. PC Buchanan.

Your darn right there are Pickerel, Muskie here in Cty.

Your darn right there are pickerel, muskis here MINDEN — A misunderstanding arising out of the fishing aspect of a survey on tourism in the district, has prompted manager of Haliburton's Chamber of Commerce, Bob Stinson, to clarify the situation.

Mr. Stinson states that the misunderstanding revolved when a reporter from the Lindsay Post called him, questioning the effect the decrease in our dollar value had had on the influx of American tourists in Haliburton.

He replied that we were disappointed, we certainly had more American tourists visiting us this year, but not as much of an increase as we had thought there might be. He also added that this may be due to the high cost of gas when they cross the border and he fact that we did not have as much Muskie and Pickerel fishing here as there is in the Kawarthas. We do, however, have a limited number of lakes that are well known for these fish and heavily frequented by our American friends.

According to Ministry of Natural Resources regional fish and fur management officer Ray Simpson, there are pickerel in Lake Kashagawigamog, Blue Hawk, Loon, Contau, Four Mile and Dalrymple. Muskies inhabit Cranberry, Green, Pine and Head Lakes.

Man charged as a result of boat collision near Harcourt

HARCOURT — David Paul Walker 40, of Toronto has been charged by OPP with having no license on his boat after a collision on Straggle Lake in Harcourt Park.

Walker's son was operating a 14' boat with a 15 hp motor that he was making adjustments to, when he collided with another boat belonging to Robert J. Phillips of Scarborough. Damage \$500 to Phillips boat which was tied up at the time and \$10 to Walkers boat. PC Ron Buchanan.

\$2200 in goods stolen from Cinepix at Camp White Pine

HALIBURTON — Minden OPP are presently investigating the theft of some \$2240 worth of goods from Camp White Pine between Aug. 7 and 26.

The goods are the property of Cinepix of Montreal, who are presently making a movie at the camp. Most of the items are T-shirts, food stuffs, tools, flashlights and a polaroid camera. PC Al Bibby.

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BOB MANN, Publisher

CLIFF BURKE, News Editor

Fellow we know isn't an accountant but he's an expert at bookkeeping — ours.

Capitol offenses are about the only kind which are rewarded instead of punished, says our resident cynic.

STANHOPE RESIDENTS

THE STANHOPE RECREATION COMMITTEE WISH TO THANK ALL WHO PARTICIPATED IN THE RECENT WALKATHON AND THOSE WHO SUPPORTED THEM WITH PLEDGES. APPROXIMATELY \$500 WAS RAISED.

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Fenelon, Woodville, Lindsay

Jrs. upset favourites

MINDEN — This past week in Tri County softball playoffs, finds the favorites in the first round of action, eliminated. The last to fall to the underdog was Haliburton Legionnaires in the G series, losers 6-5 to Lindsay Jrs. Haliburton opened the playoffs in Haliburton on Tuesday evening and won 5-1. However this minor setback didn't seem to effect the Jrs. as they downed the Legionnaires 7-4 and 6-5 on Wednesday and Thursday.

In the A series between the second place league finishers, Lindsay Merchants and seventh place Woodville Merchants, Woodville crushed Lindsay 7-4 and 6-5.

A little closer to home in the B series, Minden came up with perhaps their worst softball of the season in losing two straight to Fenelon Falls. On Monday evening in Minden they went down 1-0, one run unearned as a result of a bunt turned in to a triple due to an overthrow at first base.

Then on Wednesday in Fenelon Falls, where

1000 Lakes Bowlers Assoc.

begins 3rd season at Carn.

CARNARVON — Well bowlers, its that time of year again and the 1000 Lake executive are ready to offer you another awards packed season, the third, and hopefully the best ever.

There have been many changes in the bowling scene over the summer, the biggest being the formation of the Canadian 5 pin association, formerly the Canadian Bowlers Congress. Also changed at the Provincial level is the Ontario Bowlers Congress (OBC) to the Ontario 5 pin bowlers association.

A new membership card has also been adopted Nationally, which means that the card you purchase

our Merchants had easily downed Victoria Sports 8-2 and 6-2 during the season, Minden came up with another error-filled final inning to erase a 4-2 lead and allow the Fenelon group to win the game and the quarter-finals 5-4.

Minden got on the scoreboard in the top of the first on a single by Barry Shaw, a stolen base and another single by Jack Snell. Fenelon went ahead 2-1 in the bottom of the first on three singles by Bruce Switzer, John and Glen Sheehy.

Shaw gave Minden a tie at 2-2 in the third when he singled and scored on Neil Burk's double. The game remained that way until the top of the sixth when Jack Snell tripled and Dave Dollo and Dave Hartwick singled to up the count to 4-2. In the bottom of the sixth Fenelon tied the score again, this time Ken Griffin singled and John Sheehy smashed a towering left-field homer.

Fenelon then took the series in the bottom of the seventh on three hits and two errors. Glen Sheehy picked up the victory, allowing four runs on nine hits, walked one and struck out two. Snell took the loss, giving up five runs on eleven hits and struck out five.

from your league secretary at Carnarvon, Bancroft or Fenelon Lanes and now Madoc and Marmora will be exactly like the card issued in BC, Manitoba or Newfoundland.

Being a National card the awards program is compulsory. However, the awards program in each association may differ. The card also has an added incentive for bowlers to do more open bowling. It has 12 sections, entitling the bowler to trot down to the lanes once a month and bowl three games and get one free. The card also entitles the bowler to four awards being crests, glasses or whatever the association decides on. The onus is on the bowler to pick up his or her award on the last night of leagues action. No awards are given until a bowler has played 12 games and established an average, as the program is on a pins over average format.

A meeting of all secretaries of Carnarvon Lanes will held at the lanes of Thursday Sept. 7 at 7 pm. All duties will be explained in full and handbooks will be given out plus your membership cards.

Another added attraction this year is a lottery program. See the bulletin board at Carnarvon Lanes for details.

Following is a list of your 1000 Lakes and Carnarvon Lanes executive: President, Cliff Burke, Minden; 1st vice, Bill Korz, Fenelon; 2nd vice, Mike Crogan, Bancroft; Secretary, Lois Bailey, Bancroft; Treasurer, Ross Wilson, Fenelon; Tournament Director, Ron Robinson Sr., Minden; Membership, Ross Wilson; Awards, Bill Phillips, Bancroft; Record scores, Moris MacLachlin, Minden; Publicity, Joan Deyell, Fenelon Certification, Ross Wilson; Lottery, Shirley Wilson.

Carnarvon Lanes: President, Wes Stata, Haliburton; Vice, Bill Korz and Doug Leonard, Bracebridge; Treasurer, Ed Cox, Minden; Secretary, Lee Boyes, Bracebridge; Membership, Debbie Harding, Minden; Awards, Bob Webb, Dorset; Records, Marg Darby, Ingoldsby; Lottery, Lorna Hicks, Audrey Fountain and Dorothy Eastman; Publicity, C. Burke, Minden; Tournament Director, Ron Robinson, Sr., Minden and Certification, Wes Stata.

In the News



CARDINAL Terence Cooke of New York was among cardinals from around the world who met to select a successor to the late Pope Paul VI.

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Think small

by Jim Smith

The Ultimate State of Mind

Greatness is just a state of mind.

What, after all, distinguishes the outstanding politician from the merely good? Normally, dedication and effort.

Or, what separates the wonders of the world from the passing tourist attractions? Not much other than an extra dose of architectural input.

And what makes the difference between the world's greatest athlete and all the rest? A heck of a lot more determination.

It's the same thing — belief that the nation can be great — that produces the truly impressive civilizations. The United States progressed from a few muddy villages to global domination almost entirely because its people possessed that ambition to be great. And it began to decline when the people started to have doubts about their national abilities. Greece. Rome. The British Empire. Pick an exceptional nation and you'll always find an exceptional state of mind.

Canada has always possessed two of the three ingredients for greatness — resources and talent — but we've lacked the essential third — the expectation that greatness is not only possible but inevitable. We've never developed a Canadian culture because it was easier to import whatever the Americans were passing around. We've never developed our own resources because the Americans, Germans, Japanese and a lot of other great peoples made it too easy for us to accept their firms. Our sports teams are dominated by imported athletes ("Our imports can beat your imports" is the battle cry of Canada's professional sports) and our universities seek out foreign-educated professors. And so it goes.

But something wonderful happened out in Edmonton, demonstrating that Canada can, indeed, be great. At the Commonwealth Games, Canada — the former 98-pound weakling of nations — cleaned up in the medals department. Granted, some of the truly heavyweight athletic nations — notably the U.S.A. and Russia — weren't on hand, but it was a mighty satisfying display just the

same.

Don Talbot, the national men's swim coach this year, explained recently that the team polled the swimmers on the subject of nationalism before and after the Games. Before the Games, Canada was regarded as rather second-rate. Afterwards, it was a different story and the swimmers loved their coun-

try. Just as important, the country loved the swimmers.

Are athletics all that far removed from government and public policy or from economic excellence? In one sense, they all function in the same manner — outstanding government will beget better politicians just as gold medals in swimming will encourage more Canadians to try the sport. On the other hand, however, we are sorely lacking in examples of governmental or business excellence.

What this country needs most of all is the belief that economic greatness is possible. Edmonton should have shown us the way to the top in more than just athletics.

Canadian Comment

BY PETER WARD

OTTAWA (SF) — Two months after the fact, it's useful to look back into the events of the Bonn economic summit and the performance there of Prime Minister Pierre Trudeau.

It was a meeting with the potential for considerable political good for our prime minister, what with exposure on an international stage with the leaders of the six biggest trading nations of the West. Mr. Trudeau's rude gesture during that picture-taking session at the end of the conference, which was so widely displayed in print and on television, may have undone any potential benefit. It certainly upset the people in his office who monitor the PM's actions to assess their political worth.

It was even said at the time that perhaps Mr. Trudeau's upraised right forearm, fingers extended in the international gesture of contempt, might have been directed at the Canadian people, not merely the photographers.

The agreement on hijacking was certainly constructive. If the big western economic powers stick to their word and refuse to allow air traffic links with any nation which acts as a haven for hijackers, we may indeed see a reduction of airline terrorism. Mr. Trudeau deserves credit for sparking the agreement.

He's not so worthy of praise in the economic field. A quick look at the latest Statistics Canada figures will show how far off the mark was Mr. Trudeau's promise of five percent growth in Canada's gross national product for 1978. Finance Minister Jean Chretien, who attended the Bonn summit, too, must have rolled his eyes heavenward at the pledge. The business community back home was chuckling in disbelief for weeks.

A few weeks before Mr. Trudeau made his Bonn promise, the independent Conference Board of Can-

ada had estimated growth for Canada in 1978 at 3.5 to 4 percent. The Royal Bank's regular forecast had predicted an even worse 3 percent growth. Observers wondered whether Mr. Trudeau had some grand scheme for an early budget in fall, which would magically re-vitalize the economic spirit of the country — an election might even do the trick.

The PM was asked directly if he had any plans for a fall budget. No, he said, he was counting on increased Canadian exports and general improvement in the Canadian economy to make his five percent growth prediction come true. After all, what government has room for an expansionary budget when the deficit for the year is already running at \$11.5 billion.

If you check what happened immediately after the Bonn summit to the value of the Canadian dollar, you'll see what the international financial community thought of the PM's pledge. Our currency fell almost a whole penny in value against the U.S. dollar, and that gave us just a nudge more of inflation.

Perform a death-defying act.



Exercise regularly.

Give Heart Fund

Alibi artists are about the only kind you find in most studios.

Attention YBC bowlers

CARNARVON — This year the Youth Bowling Council program will have a registration day for all those youngsters who wish to participate in the 78-79 YBC program at Carnarvon lanes.

Registration will get underway at 1 pm until 3 pm on Saturday, Sept. 16th. All youngsters six to 17 are eligible for the program. As in previous years there will be many in-house tournaments, crests for outstanding games and also many outside tournaments for those who qualify.

This year there will be as many as five Master Teachers at Carnarvon and this will mean that 10 youngsters will be going to the Master Bantam and Master Jr. tournaments. Masters are Ron Robinson Sr., Bill Korz, Cliff Burke, Ross and Shirley Wilson.

Registration fees are \$2.00 and lineage throughout the year will be Peewees and Bantams 6-10, \$1.25 for two games. Jrs. 11-13, \$1.75 for three games and Srs., 14-17, \$2.00 for three games.

Regular league play will commence Saturday, Sept. 23rd at 9 am and 11. Seniors and Juniors will start at 9 and Bantams at 11.

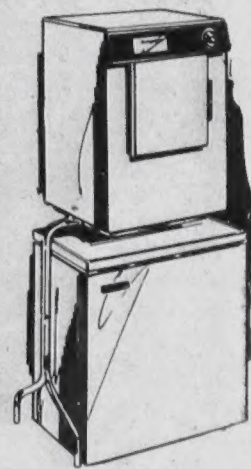
Executive for the 78-79 YBC program including Master's and coaches are Program Director, Cliff Burke and Senior Secretary Cathy Darby. The treasurer and Bantam secretary will be named later.

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Orillia wins softball tourney

FENELON FALLS — Over the weekend, eight teams from Orillia, Fenelon Falls, Minden, Newmarket, Cameron, Bobcaygeon and Mount Albert took part in a three-day Labour Day weekend softball tourney.

When the final out was registered on Monday the Orillia men had taken the championship game 1-0 over the Bobcaygeon Blue Jays. Orillia had made the final game by first downing Newmarket 2-1 in 11 innings, then dropped Minden 1-0 and defeated Bobcaygeon 1-0 in nine innings. Newmarket captured the consolation final by doubling the score on Mt. Albert 4-2. They had lost their first game on Saturday evening 2-1 to Orillia then downed Cameron on Sunday.

Minden Merchants tangled with the Cameron boys on Saturday evening and routed them 10-0, with Jack Snell pitching. Lyle Cully, formerly of Haliburton suffered the loss.

Minden then met Orillia on Sunday afternoon, which saw Minden hurler Rick Hartwick toss a two-hitter at the Orillia bunch, but lost 1-0. Minden picked up eight hits in the contest but couldn't get a man past third base.

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Gooderham Sept. Fest Sat.

September Fest begins this Saturday in the Village of Gooderham with a full day of activities planned to raise money for park and arena development.

The day begins with a Walkathon and registration takes place at the firehall at 9:30 am. Walkers will hike 12 miles and take in Irondale on their trip.

A flea market begins at noon and anyone interested in having a booth should contact Glamorgan Township clerk, Elva Bates. Also during the afternoon a garage and rummage sale will be held with many items of interest for all ages.

Saturday evening a windup dance is being held with music provided by a disc jockey. Join the fun in Gooderham and support a most worthwhile cause.

Tri County Softball

A SERIES — (two out of three)

Woodville 7—Lindsay Merchants 4

Woodville 6—Lindsay Merchants 5

B SERIES:

Fenelon Falls 1—Minden 0

Fenelon Falls 5—Minden 4

C SERIES:

Haliburton 5—Lindsay Jrs. 1

Lindsay Jrs. 7—Haliburton 4

Lindsay Jrs. 6—Haliburton 5

SEMI-FINALS —

D SERIES — (three out of five)

Bobcaygeon VS Woodville

E SERIES:

Lindsay Jrs. VS Fenelon Falls

An artist is a fellow who
has only a brushing acquaintance
with work, says
the boss.

SUBURBIA

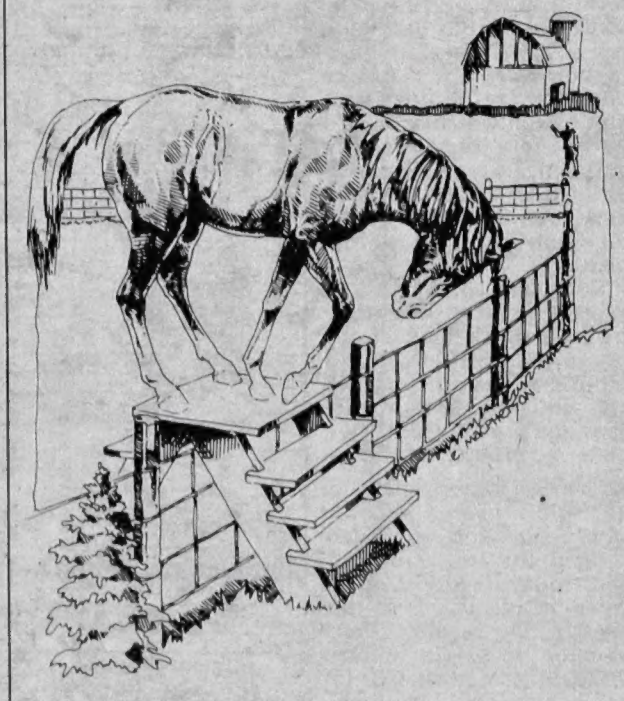


"George, if you grew a beard, we'd save enough on band-aids to buy an electric shaver."

SLEEPY
DRIVERS

REST
IN
PIECES

Off and Trotting
by Margaret Neal



Herman Loughheed of Singshampton, Ontario was an old-time harness horseman who delighted in challenging all comers to a road race with his little black mare.

Road racing was a common form of pleasure and excitement. Children on their way to and from school, dignified gentlemen with gold watch chains, young bloods Sunday driving with their best girl, and almost anyone else who had a road horse with a little "lick" took part in the fun. Excuses had to be found for upsets, broken wheels and

scratched buggies - much as dented fenders have to be explained now! Challenge races on the road were the forerunners of harness racing as we know it to-day - and Herman Loughheed liked his fun as well as the next fellow!

In those days gates and wire fencing were expensive, and wood plentiful, and access to frequently visited pastures was often by means of a stile. The stile was simply a set of wooden steps which went up one side of the fence and down the other side.

When the old man wanted to go to town, he simply called Molly from the pasture. The sure-footed little mare had been taught to mount the stile from the pasture side and present herself in the barnyard to be hitched to the waiting buggy.

The old man was an excellent teacher who had educated many horses with his patient kindness, and Molly was an apt pupil.

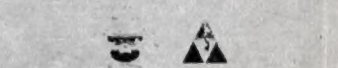
Such men were the early teachers of horsemanship, who passed on their skill and knowledge to younger generations who are to-day's expert harness horsemen.

Produced by the Publicity Department of the Canadian Trotting Association and Standardbred Canada - the historical division of the CTA. No. 7



TAKE PRIDE
TAKE CARE

BURN YOUR CAMPFIRE - CLEAN UP



Our nonfavorite ball team is waging a winning fight for last place.

Add to your dictionary of collective nouns: a mooch of borrowers.

Samantha
READS YOUR STARS

If you were born this week: You are kind-hearted and generous and will bend over backwards to help someone. You are ambitious and will work as hard as you need to climb to the top of your particular ladder. You are sensitive to the needs of others and tend to put their feelings ahead of your own.

ARIES (3-21/4-19): It's relatively easy to share or give when the commodity in question doesn't mean much to you. When it does, the difficulty increases proportionately. For some reason, Aries, the harder a thing is, the more character it seems to build when you cope with it.

TAURUS (4-20/5-20): Romantic signals change from caution to bright green this week, Taurus. You are always discriminating when it comes to giving your affections, and it really pays off. Later, look below the surface; certain nuances tell a completely different story. Days come to sunny close.

GEMINI (5-21/6-20): Don't shirk your responsibilities in week ahead, Gem; tend to business and you'll earn all sorts of brownie points, and maybe even add a star to your crown. Week hustles on with a surprise, some spice, and a shout.

MOONCHILD (6-21/7-22): Sexy doin's get your week off to a flying start, Moonbaby. Chances are that either a new flame will appear on your scene or that an old one really comes alive. Enjoy! Later, stop, look and listen.

LEO (7-23/8-22): Week ahead could see you acting just a little bit too possessive for a certain person's comfort. Go easy, Leo. You know that the best rein is a loose one. Later days bring a golden opportunity - if you're quick and brave.

VIRGO (8-23/9-22): Emotions run high this week, Virgo. Objectivity should be stressed; you're tending to be entirely too subjective in your appraisal of a certain situation, sweetheart. Later, Cupid does his thing - just for you.

LIBRA (9-23/10-23): New friendships of importance begin to bud. They may include someone of prominence. Handle money matters in a practical way; try not to give in to impulse. Later, snow job possible - don't believe everything you hear. Falling for a sob story could be a long drop!

SCORPIO (10-24/11-22): In the art of love, passionate Scorp, few are your equal and this week you're really tuned in to those sweet vibes. However, don't get so carried away that you neglect mundane matters like paying bills and running errands.

SAGITTARIUS (11-23/12-21): You have that gleam in your eye, Sag, and methinks you're not telling the whole truth about where your affections lie. Try to behave yourself. The cat that's been into the cream usually has wet whiskers. You know what Sam means. Meow!

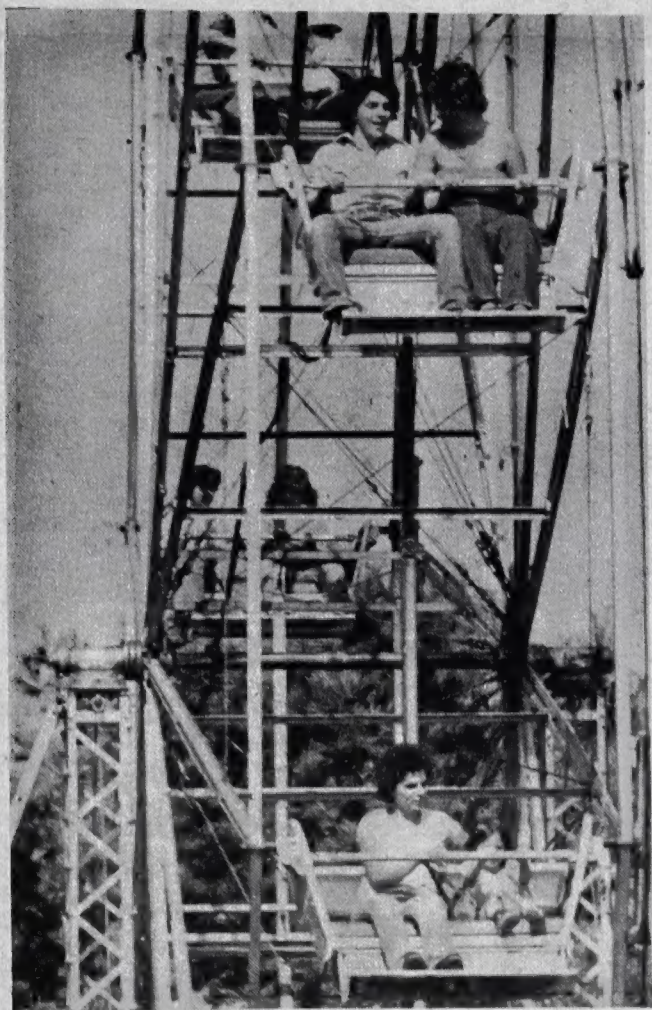
CAPRICORN (12-22/1-19): Your week ahead has class, opportunity and verve. By the way, Cappy, there's nothing wrong with being a bit earthy now and then - after all, you are an earth sign! Go cuddling on a hayride before week is over.

AQUARIUS (1-20/2-19): You are a master in the field of human relations, Aquari, but even experts can have their problems. More than likely, your difficulty will come from the feminine gender and from those in a position of authority. Good luck!

PISCES (2-20/3-20): You have a busy week ahead, Pisces, with several activities taking you away from the home and a number of people expecting more than their fair share of your time. Later, curl up and relax.

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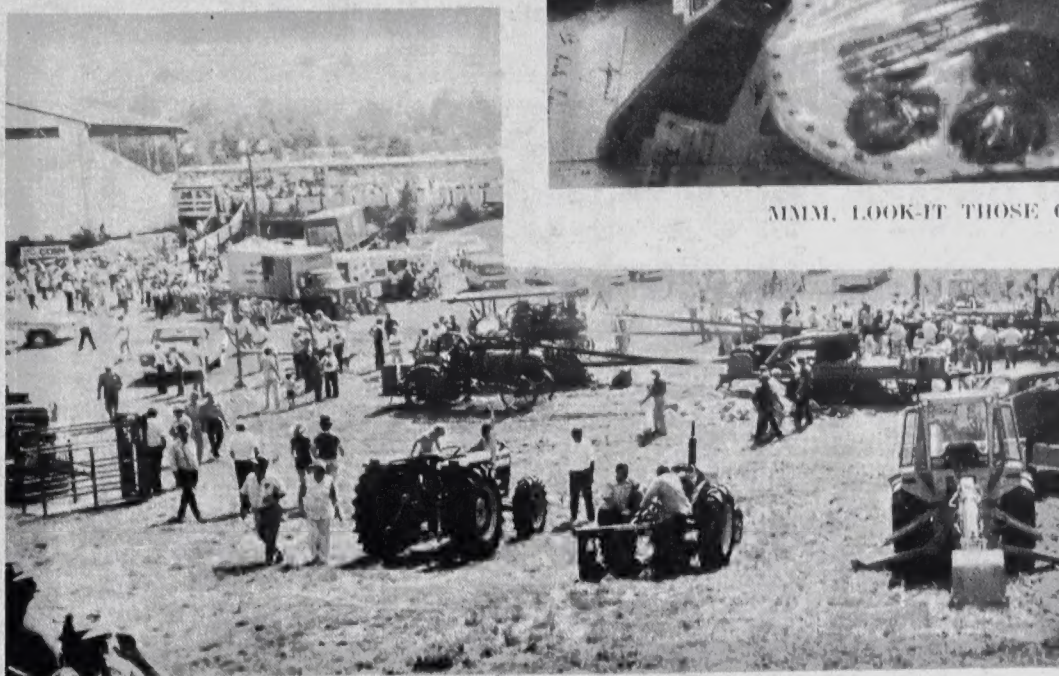
PRIZE
WINNER



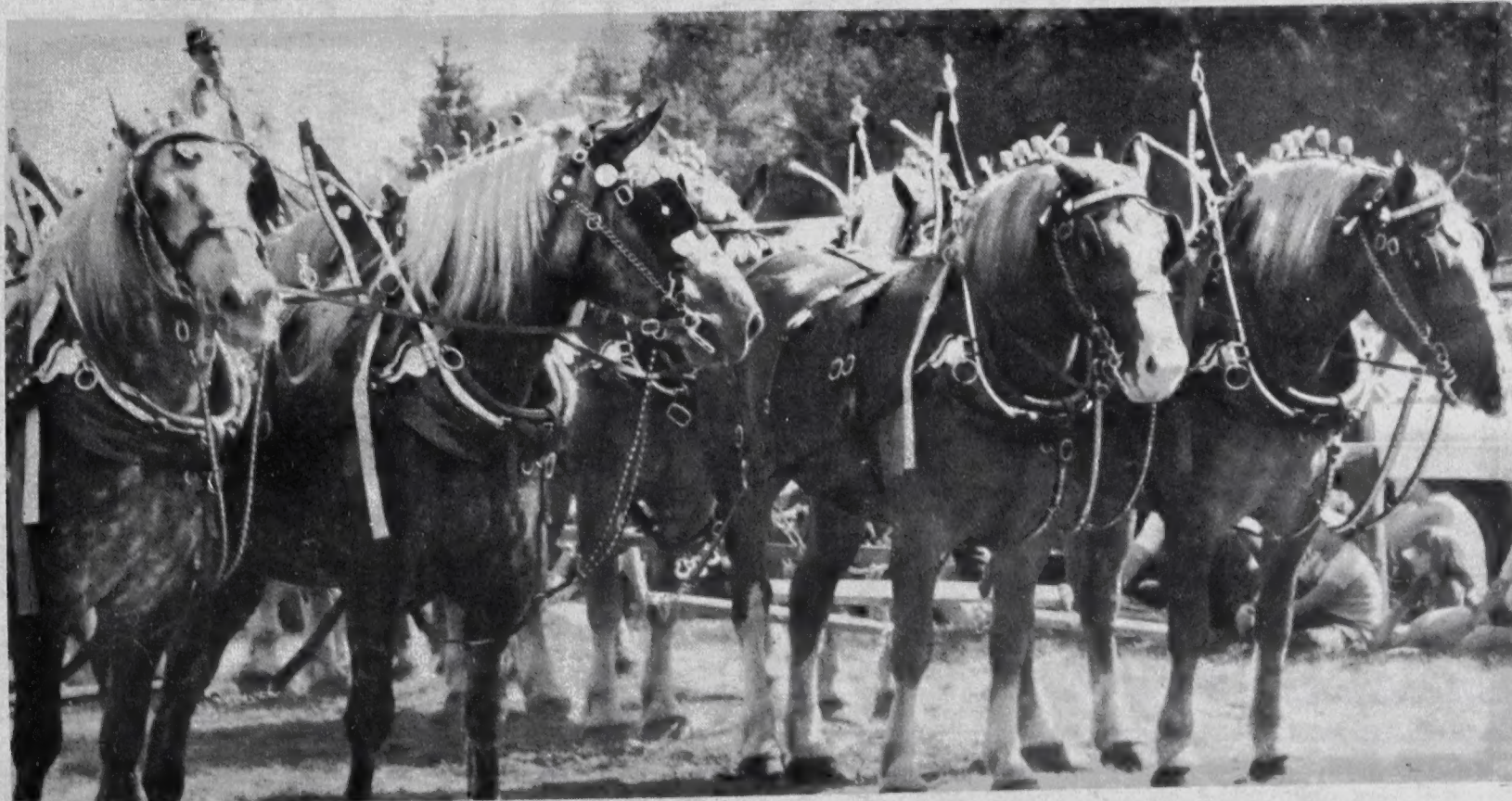
MMM, LOOK-IT THOSE GOODIES



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Champions of 3rd MNR softball tournament

MINDEN — Recently this happy group of Ministry of Natural Resources employees captured the 3rd annual MNR mixed softball tournament played in Minden. Left to right, back row, Pat Lea, Sharon Sully, Gae Brown

and Laurie Kinsman. Centre, left to right Wil Vint, Grahame Wales, Phil Piluris, Alex Miller and Pete Barclay. Bottom, Paul Cummings, Steve Bowcott, Denis Brule (coach) and Mark Derry.

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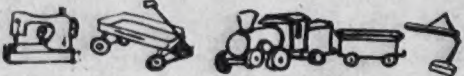
489-2211

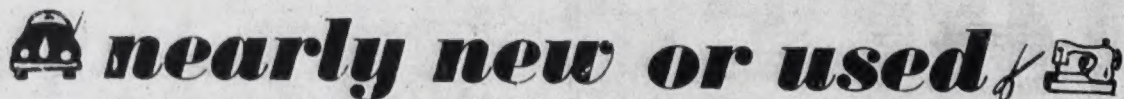
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Consolation Champs at Ladies Tournament

WILBERFORCE — Seen above are the Minden Juniors of the Haliburton County Ladies Softball league, Consolation champions of the 2nd annual Wilberforce Ladies tournament. Minden met Carnarvon in the first game of the tournament and were beaten 16-6. However, in their next two matches they had little trouble downing the opposition. The Juniors met Apsley in the semi-finals and won 26-10 and in the Consolation final destroyed Potash, 39-2. Donald Danilko pitched all three

games, two Saturday and one Sunday, and led her team in the final game with three home runs. Pictured l-r, top row, Roger Danilko, manager, Michelle Horsely, Sandra Ingram, Charlene Sutherland, Susan Kennedy, Karen Snell, and Brian Austen, coach. Bottom row, l-r Susan Horsely, Dawn Horsely, Donald and Darlene Danilko, Jocelyn Kennedy, Brandy the Mascot, and Heather Kennedy.



Joan Crosby's TV PARADE

ANOTHER METHOD — Lee Strasberg, the noted acting coach, recently made his dramatic TV debut in an ABC-TV movie, "The Last Tenant."

Strasberg says he didn't act for a long time because he wasn't asked. My guess is he wasn't asked because everyone figured he was too busy with his Actor's Studios in New York and Los Angeles, and his Strasberg Institutes.

Anyway, an old actor is never too busy to act, and Lee is no exception.

So, if the roles are good, he will probably be on TV more often.

Meanwhile, he is going to be teaming with Ruth Gordon for a theatrical release called, at the moment anyway, "Brighton Beach."

What a team that will be!

SECOND CAREERS — It's interesting to me that some actors who became famous in other fields have returned to acting in their latter years after being so successful.

Strasberg, for one. John Houseman for another. Houseman began as an actor, but there was a time when he produced and directed exclusively so that it was possible to be aware of him in that area and not be aware that he had acted previously.

Now, of course, he is heading his own TV series, CBS-TV's "Paper Chase," based on the film in which he starred.

NEVER TOO LATE — It really is never too late to launch a new or second career. The late Ruth McDevitt didn't act professionally until she was widowed when in her 40s. Prior to that, she acted in amateur theatricals. Paul Ford also began his acting career in his 40s, quitting a job as a salesman.

The neighbor is really into this ecology thing. He bought an ecological lawn mower — a goat.

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Golden Age bowling league formed, starts Sept. 15th

MINDEN — Carnarvon Lanes will have 11 leagues this coming season. Newest members of the 1000 Lakes Association will be the Golden Age League, which will commence play on Friday, Sept. 15th at 1 p.m.

Morris MacLachlan of RR 2, Minden is the contact person for this league if there are any Golden Agers who would like to join. Just give him a call at 766-2904. To date the league has 26 bowlers with at least ten to 14 more needed.

The executive for the new league will be formed on the 15th along with a board of directors. Bowlers should be at the lanes a few minutes before 1 p.m.

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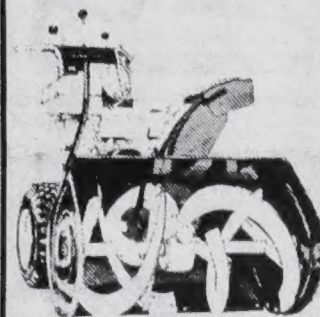
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Ask Alma

Dear Alma:

My eight-year-old son is quite small for his age and is often picked on by the bigger boys at school. As a result, we sent him for karate lessons so that he could learn to defend himself. Unfortunately, the plan back-fired. He used to run away from the big kids but now he seems determined to stand his ground no matter what happens to him. He often gets beaten

up. Last week he came home with a black eye and ripped clothes.

I want to go to school and get the principal to help but my husband insists that our son fight his own battles without adult help. He says he has to learn to be a man. How can I settle this conflict? I don't want to fight with my husband but every time I send our son to school I feel — Guilty and Worried.

Dear G & W: A child who gets involved in this many hassles has to be doing SOMETHING to invite the attacks and punishment. I would ignore your husband's macho ways (maybe this is why the kid fights?) and get the little tiger some help. Call the principal and ask for an appointment with the school psychologist. The problem is more serious than a black eye and torn clothing.

Dear Alma:

I know a real nice cute girl I would like very

much, but she doesn't like me because she thinks I'm a brain and because I do not go out for sports. I like to have fun, too, but I'm just not good enough at team sports. I'd like to go bike riding with her, dance, play tennis, hike, or ski, but I'm afraid to ask her. We both like music. — T.R.

Dear T.R.: You are too worried about what you don't have in common and missing the fact that you really do share a lot of fun things. Accent the positive, my friend. Ask her to a dance, a tennis game, an afternoon of hiking or ski-

ing, or a concert. The very worst that could happen is that she'll say no and you're no worse off than you are now. The best that could happen is a new and wonderful relationship.

It's worth taking a chance, isn't it?

tasies.

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Dear Alma:

How do you select your mail? I wrote to you six months ago and have yet to see an answer. Remember me? — M.G.S., Escanaba, Mich.

Dear M.G.S.: Sure. You're the guy with the four-letter word vocabulary and kinky fan-

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ice box, sink, hydro & water
hookups. \$900. Phone 457-
1538. (32)

Electric kitchen range 20"
good working condition, \$25
Phone 754-2665. (30)

10 hp WHEELHORSE rid-
ing mower, cutting attach-
ments, snowblower & plow.
\$1200 or best offer, phone
286-2877. (32)

BICYCLE for sale in good
condition, 286-1547. (34)

COOK STOVE, Master Cli-
max with warming oven &
water reservoir. Good con-
dition, 754-2984. (34)

CEDAR POSTS, CLOTHES
line and hydro poles for
sale and Maple firewood,
delivered at \$19 a single
cord. Call 457-1302. (34tfn)

TENT TRAILER, 12" tires,
screen door and table, will
sleep 6; 500-8 ft cedar posts
3"-12"; 1972 Chrysler New-
port. Call 447-2479. (33)

FIBREGLASS BOAT with
convertible top, seats six,
with 75 hp Evinrude motor
\$1200 or best offer. Minden
Boat Works. (32)

FOR SALE

"AS IS" SPECIALS — MAKE AN OFFER!

1972 MAVERICK
1972 BUICK
1974 MONTEGO WAGON
1973 PINTO
1967 MUSTANG

RON GAMBELL MOTORS

Main Street, Minden
(across the bridge)

286-1532

OMC Inboard-Outboard in
good condition, asking \$2000
Minden Boat Works. (32)

1973 Chev. Biscayne, auto-
matic, power, 8 cyl., 60,000
miles, 2 new tires. Needs
some minor repairs. Lists
at \$1325 will sell "as is"
for \$975. to clear estate.
H. Lloyd Johnson, 286-1573

SNOWMOBILE TRAILER,
\$150; Hoover washer \$35.;
Refrigerator \$90; Electric
stove in excellent condition
\$200; two box stoves, one
\$100 and one \$70 and a five
drawer filing cabinet at \$25
phone 489-2731. (32)

1 new 7 hp MURRAY Rider
electric start, was \$870 now
\$749. North Shore Lawn &
Garden, 489-2489. (35)

EVENING GOWNS, size 12
14, Rose and flowered, worn
once, 286-1149. (33)

Massey Ferguson 7 horse
electric start lawn-garden
tractor with mower. Ask-
ing \$750. Phone evenings
286-2971. (31)

HOME IN MINDEN, four
bedrooms, good terms,
must sell, 457-2320 or 286-
1454. (31)

1 set of Pre-Cast Cement
Steps, 2 risers, 15" high,
4' wide, with a 36" plat-
form. Nearly new in good
condition, \$55. Telephone
448-2124. (31)

1 ACRE, well treed lot with
small cottage on Hwy. 35.
Call 286-1098. (31)

Coleman SPACE HEATER
approx. 26"x24" thermostat
on regulator, blower fan at-
tached to case, complete
for \$125. Ideal for large cot-
tage or small home. (32)
H. Lloyd Johnson, 286-1573

17' Mahogany Plank Grew
Cruiser, 90 hp Evinrude
motor, power trim plus ex-
tras. EZ load trailer, 2000
lb. capacity, \$1400. Phone
457-1538. (32)

KITCHEN cupboards and 1
white refrigerator, like new
phone 457-1463. (33)

GAS PUMP with above the
ground tank \$150. Ideal for
marina or contractor, 489-
2297. (30)

ENGINE, FORD 6 cyl. 300
cu. in. Good condition, 286-
1371, days. (33)

CEDAR BOAT 14' excellent
bass fishing boat, \$105.00,
call 286-1483. (33)

FOR SALE

ONLY 32 DAYS TO SAVE ON TAX INCREASE!

74 Astre, 3 speed 995.
70 Delta Royale 1095.
74 Pinto St.wag. auto 1895.

74 Vega G.T., auto, radio,
fire engine red, new tires,
\$1295.

73 Century Buick 2395.
73 Mercury 2 dr. 1795.
74 LTD. Wagon 2995.

RON GAMBELL MOTORS

Main Street, Minden
(across the bridge)

286-1532

1972 DATSUN, needs clutch
\$150, call 447-2980. (33)

GENTS winter overcoat —
size 40. Ladies dresses size
12-14, like new, real bar-
gain. 286-1149. (33)

LAND on Hwy. 519, excel-
lent hardwood bush. 12 ac-
res, \$10,000; 24 acres \$18,-
000. Phone 286-1483. (33)

11 foot Aluminum deep-V
BOAT, \$125.00. North Shore
Lawn & Garden, 489-2489.

PAPERBACK BOOKS are
wanted. Must be in good
condition, will pay 10c ea.
Minden Furniture. (33)

1974 JAYCO Travel Trailer
16', stove, 2 way frig, 2 pc.
bath, furnace, good condi-
tion, \$2200. Telephone 286-
1793. (33)

1977 Velosolex Moped \$100.
Low mileage, Lot 87, Wen-
ona Rd. East on Lake Wen-
ona. (35)

PIONEER 14" Chain Saw,
auto. chain oiler, model P
20, new condition, used 2
days, cost \$189 asking price
\$125 firm. Cash only or cer-
tified cheque. Phone 705-
766-2922 Dorset exchange,
Pine Springs. (35)

RUG 9x12, original cost—
\$175, three years old, beau-
tiful mottle colours, price
\$60. Phone 286-2747. (35)

SAND — GRAVEL

— TOP SOIL —

Hradwood, large or small
orders. We deliver!

HARRISON'S HAULAGE
Phone 489-2110

1973—20' Rambler Trailer,
sleeps 6, oven, 2 way frig,
furnace, all in good condi-
tion \$3400 or best offer. Call
754-2915. (35)

KITCHEN WOOD STOVE,
water tank on end, \$250.00;
Fireplace Dogs \$25; Walnut
wood railings for sale \$5.00;
Store scale \$25; Franklin
stove, takes 16" wood \$100
6 steel windows 44 1/2"x48 1/2"
\$20 each or 6 for \$100. Call
after 6 pm 457-2167. (34c)

Help Wanted

Wanted companion house-
keeper for elderly woman
at Maple Lake for Septem-
ber-October or if interested
September to June. Phone
489-2458. (32)

FOR RENT

FOR RENT

Large 3 bedroom home on
water, responsible persons
only. Call 286-2882. (35)

3 bedroom cottage on the
lake for last week of August
and month of September.
Call 489-2806 or 489-2036.

1 bedroom apartment, over
looking lake. Utilities sup-
plied, available Sept. 1. '78
Phone 489-2556. (33)

Large 2 bedroom apart-
ment broadloomed through-
out, heat, hydro, frig and
stove included. Adults only
no pets, 286-1532. (34)

1 bedroom apartment for
rent. Available Sept. 1, elec-
tric heat and carpet thru
out. In Carnarvon area —
\$140. per month plus hydro
Call 489-2867. (34)

Wanted to Rent

GARAGE wanted to rent in
Minden for winter months
to store car. Call Lawrence
Swann, 286-2012. (34)

SERVICES

HORSES BOARDED for
summer or winter, good
trails. Telephone Woodland
Ranch, 754-2040. (31)

I would like to babysit in
my home, Mon. to Friday,
\$25; Mon. to Sunday, \$40.00
Please call 489-2036. (24)

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retreaded.

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offers you quality work at
competitive prices. We do
top cap or full tread. Phone
457-2282 (Wentworth's Mar-
ina) for more details. (24c)

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ries, Parties. Large selec-
tion of records and tapes
for all types of music. Call
Ray Woodward, 754-2040.

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FLOORING SERVICE

You supply material —
WE INSTALL!

Tile, Carpet, Linoleum
Telephone 286-2813 (34c)

ELECTROLUX

Sales and Service
call Peter Vanderwal at
457-1302
Used Electrolux vacuums
\$50 and up. (34tfn)

DAILY CAR RENTALS

RON GAMBELL MOTORS
Main Street, Minden
(across the bridge)
286-1532

Giving friendly advice is
one sure way to lose a
friend.

TENDERS

Provisional County of
Haliburton

Roads Department

TENDERS

for Electrical, Plumbing &
Heating for new garage,
Eagle Lake, Ontario

All Contractors wishing to
tender on the above trades
for a new 50' x 60' all steel
garage at Eagle Lake are
requested to leave their
name at the County Office.

Tenders will close at 4:00
p.m., Monday, September
11, 1978. Lowest or any
tender not necessarily ac-
cepted. (33-2c)

W. E. Obee, P. Eng.
County Engineer

Box 399

Minden, Ontario

KOM 2K0

705-286-1762

Provisional County of
Haliburton

Roads Department

PROPOSALS FOR GARAGE

Proposals for the construc-
tion of a 50' x 60' all steel
garage will be received un-
til September 8, 1978 at
4:00 p.m. local time.

Further information is
available from the County
Office.

Lowest or any proposal
not necessarily accepted.

W. E. Obee, P. Eng.
County Engineer

Box 399

Minden, Ontario

KOM 2K0

705-286-1762

LOST & FOUND

FOUND

CHAIN and MEDALS on
South Lake Rd. near Hwy.
519. Call 286-1356. (35)

Special Notices

NOTICE

Bowling commences Mon-
day, Sept. 11 at 8 pm at
Carnarvon Lanes for the
Ingoldsby mixed league.

New bowlers interested in
joining this league can con-
tact Secretary, Marg Darby
286-1079 after 5 pm or Rita
Crofts 286-1793 after 5 pm. (35)

PORK & ACTION

GARAGE SALE at the resi-
dence of the late Mrs. Chris
Lazier, Shandos St., Minden
on Saturday, September 9
at 10 a.m. Coffee served. (35)

The fit
never quit.



Thinking Slim

BY

JEAN NIDETCH

There's one thing about
fat — it doesn't discrimi-
nate. It's just as happy to
cling to the bones of a male
or female, black or white
— even to the frame of a
policeman.

Paul, a patrolman in
Southern California, is six
feet tall and a trim 199
pounds. He's been that way
for eight months now, but
for most of his adult life he
weighed in at 250 pounds or
more. Even as a child he
was no stranger to fat.

"The kids on the block
used to call me The
Blimp," he says, with a
pained smile. "Naturally,
I'd laugh. Fat kids always
learn how to laugh to hide
the hurt.

"Well, I had the usually
unhappy fat kid's experi-
ences. I couldn't play basket-
ball or baseball because
the fat got in the way. In
high school I didn't date
much. I spent a lot of my
time reading. And eventu-
ally I got interested in law
enforcement. I liked the
idea of helping the commu-
nity."

After college, Paul ap-
plied to the police force and
got in by the skin of his
teeth. "They had weight
requirements, naturally,
so I crash-dieted before my
physical and came close
enough to what I should
weigh to pass.

"I told myself once I got
on the force, I'd really get
in shape. But with the
pressures of the police
academy and being a rook-
ie, I found myself doing
just what I'd always done:
overeating.

"Well, one day on patrol,
I surprised a burglar in a
jewelry store. I started
chasing him, but he was
thin and quick on his feet
and I wasn't much of a
challenge, huffing and
puffing after him.

"That's when I decided I
had to lose weight once and
for all. Here I was in a job I
loved and not doing it as
well as I could because I
was fat."

So Paul went on a sound
weight control program,
changed his eating habits,
learned to deal with stress
without turning to food.

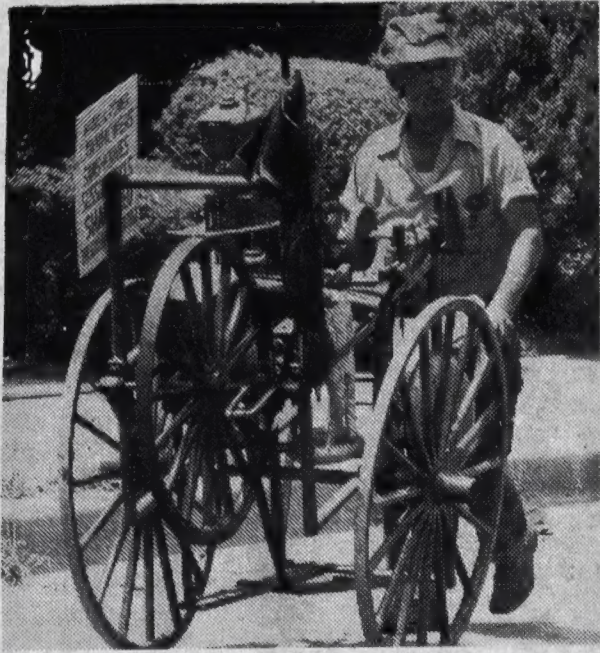
"Now," he says, "I'm
hoping I run into that bur-
glar some day because I'll
tell you one thing —
whether I catch him or not,
this time I'll give him a run
for his money!"

Your job may not require
much physical stress but
overweight can get in the
way even behind a desk.
And like our policeman
friend, any job you love
doing is worth doing well.

MOST CUTS of pork to-
day are higher in protein
and lower in fat. For a free
booklet, including nine
pork recipes, send a self-
addressed, stamped, long
white envelope to:
"Primer on Pork," JEAN
NIDETCH, c/o this news-

LOST
ITEMS
ARE
FOUND
FAST...

WHEN YOU USE
AN EXPRESS
WANT AD.



A LONG GRIND of 57 years on the same route continues for Tony Galiarducci, 78. He makes daily rounds of the streets of South St. Louis sharpening knives, scissors, saws and other tools.

Crossword Puzzle

Great Outdoors

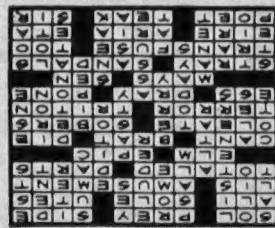
ACROSS

- 1 The sun
- 4 What hunters seek
- 8 Kind of road
- 12 — Baba
- 13 Foot part
- 14 Shoshonean Indians
- 15 French lily
- 16 Outdoor sport, for instance
- 18 Added
- 20 Missiles
- 21 Shade tree
- 22 Heroic
- 24 Hypocrisy
- 26 Spoiled child
- 27 Expire
- 30 Ester of oleic acid
- 32 Makes serious
- 34 Fright
- 35 Sea god
- 36 Worm
- 37 Wagon
- 39 Cornbread
- 40 Baseball's Willie
- 41 Oriental coin
- 42 Unclaimed animal
- 45 Outdoor shoes
- 49 Imbue
- 51 Also
- 52 Ireland
- 53 Operatic solo
- 54 Greek letter
- 55 Bard
- 56 Kind of wood
- 57 Courtesy title

DOWN

- 1 — Lake City, Utah
- 2 Medley
- 3 Radio audience
- 4 Biblical poem
- 5 Italian capital
- 6 Evader
- 7 Assent
- 8 Woody plant
- 9 Passage in the brain
- 10 Nick
- 11 Superlative suffixes
- 17 Newspaper executive
- 19 Place of worship
- 23 Doughy
- 24 Dove's home
- 25 Brown
- 26 October (pl.)
- 26 Black
- 27 Explodes
- 28 Press
- 29 Domestic slave
- 31 Present times
- 33 Two-legged animal
- 38 Say convincingly
- 40 French painter
- 41 Furtive fellow
- 42 Pace
- 43 Group of three
- 44 Unusual
- 46 Continent
- 47 French novelist
- 48 Fly aloft
- 50 Obese

Here's the Answer



Family Physician

BY DR. JAMES G. PRICE



Q. I am bothered a lot by arthritis and when I asked my doctor for a prescription for cortisone to help my pain, he refused to give it to me because he said it wasn't good for me. Is this a fact?

A. Your doctor is telling you the truth, and he might have explained to you that cortisone and its derivatives may relieve pain but actually don't change the course of the disease. Destruction of the bone continues and in addition to this, diabetes, stomach ulcers, bleeding into the skin and acne may all be a result of the medication. We try not to use this drug for arthritis because the bad effects of it are capable of outweighing the good.

Q. Is it necessary for a woman to continue having Pap smears after she's had a hysterectomy? If the part of the uterus which the smear tests for cancer is gone, why continue the smears?

A. Technically you're right, but there are some other areas in the female reproductive tract which can develop malignancy and which can be detected by a Pap smear. In addition the pelvic exam which accompanies the smear may detect abnormalities (or cancers) in other organs, especially in the ovaries. I'd say it's a good idea to make having an annual Pap part of your periodic physical exam. Advanced age isn't a good reason to stop this important test either — I've found several advanced

malignancies of the cervix in women over 70.

Q. I've heard that female hormones may be related to cancer of the uterus and so I stopped taking the hormone pills which my doctor had given me. Now he says that I need a hormone cream used locally to thicken the vaginal walls. Is this also dangerous?

A. Some women who have gone through the menopause do get what we call "atrophy" or thinning of the mucous membrane lining the vagina. This sometimes results in considerable irritation and susceptibility to minor infections. Using the cream on this thinned membrane will cause it to thicken up, become tougher and have more resistance to infection. The amount of hormone absorbed in this treatment is so small that we don't believe that it increases the chance of activating any hormone-sensitive tumor tissue. Rather than being uncomfortable as many women with atrophic vaginitis are, I'd go ahead and use the cream your doctor advises and not worry about any complications or problems from its use. After the wall has responded by thickening of the mucous membrane, most women can get by with the use of the cream only every third or fourth night, which further reduces an already very small dose of female hormone.

Bodycheck:

PARTICIPATION

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(3 miles south of Kinmount on Highway 121)

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Chimney Cleaning Service

Kinmount, Ontario

488-2884



On the South Kashagawigamog Lake Road
3 Miles West of Haliburton Village

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— 9 HOLES —

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Come and Enjoy the changing of the colours from our Tees, Fairways and Greens!